

Kinesiology Schools Australia

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Diploma in Kinesiology - HLT51507

The Diploma in Kinesiology, HLT51507, continues to build on the effective skills and knowledge learnt in Certificate IV In Kinesiology (BKP).

Extending the students learning by one year the Diploma develops extensive advanced techniques and skills. As Kinesiology Schools Australia is a high quality Kinesiology educator our Diploma consists of 20 advanced Kinesiology units provide an extensive knowledge covering a variety of health issues.

Starting with EMS201 students learn effective counselling and emotional trauma 'defusing' techniques followed by units on energy imbalanced in relation to muscles affecting pain flexibility, strength and the jaw. Other units help with allergies and sensitivities to foods, substances and environmental issues that are quickly becoming a problem and affecting more people every year. Students will also learn Kinesiology techniques and the effectiveness of vibrational energies such as flower essences, gems, charkas and the auric fields. There are also a number of units covering other emotional aspects of health.

These units are accredited by the Australian Nationally Recognised Training Authority and the industry representative body, the Australian Institute of Kinesiologists, and entitle graduates to register as a professional member.

Many Health Funds now require a Diploma in Kinesiology for clients to be able to claim. Clients of Kinesiology Schools Australia graduates qualify for these rebates.

Diploma in Kinesiology Unit Descriptions

The following units, outlined below, cover all required competencies of the HLT07 Health Training Package Diploma in Kinesiology course number HLT51507.

EMS201 Mastery of Emotional Stress Release

This unit develops skills to defuse a variety of emotional stress issues including active listening, challenges to authority and terminating a relationship. More importantly how and when to use each one.

ECO201 Lifestyle and Dietary Modification

Students learn Kinesiology techniques relating to dietary habits and lifestyle and how to identify nutritional excess and deficiencies and when clients need to add or delete supplements.

ECO202 Immune Mismatch Responses, Allergies and Hypersensitivities

Continuing where BKP108 stops, students learn various sensitivity techniques to identify and release stressful foods and substances (allergies and reactions). Today these are becoming an epidemic in our society. Learn how you can help.

HMR201 Hypertonic Muscle Release

No need to feel uptight after this unit. Flexibility is the word here. Students learn how to release tight muscles and have theirs released while they learn.

JAF201 TMJ and Cranials

Headaches and migraines are just two symptoms caused by jaw and cranial problems. Here students reset these imbalances bringing relief to many.

MST201 Muscle and Skin Activation

Students develop skills and understanding in identifying and correcting meridian energy imbalance related to muscle circuits, skin, scars, blood chemistry, thymus and spleen energy. This variety of techniques covers a number of key areas not previously covered.

MST202 Shoulder, Elbow, Hand Muscle Protocol

Students learn test and correction techniques to release pain, increase the function and performance of the shoulder arm, hand and fingers. We all know people with pain and MST202 and MST203 are major units to release these pains.

MST203 Hip, Leg and Foot Muscles

Students learn tests and correction techniques to release pain, increase the function and performance of the hip, leg, knee and foot.

PIB203 Basic Brain Integration Skills

Learning difficulties is a topic of high discussion. Kinesiology is a huge help to both adults and children with these problems. This unit teaches techniques related to neurological blind spots caused by fear, pain, self-doubt of learning difficulties and dyslexia.

VEF201 Flower Essences

Flower essences open up a whole new world to students. Through flower essences students learn to identify and utilize insights relating to their properties and photographic images, to re-balancing mental emotional and spiritual energy.

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RBT201 Clinical Body Contact

Students learn the various massaging techniques used to relax, release pain and tension and palpate areas within the body. This is not a massage unit as such.

EMS301 Genetic and Meridian Emotional Release

Students will be able to assist the clients to express life events in terms which do not decrease energy; to recognise in themselves behaviours that are similar to those of either parent or which are a negative reaction to the behaviour of either parent; to be able to choose, to make positive adaptive responses and to see positive possibilities in their future. They will use meridian-based affirmations affecting a multitude of personal issues and belief systems.

EMS302 Subconscious Self-Perception

Students completing this unit will be able to identify and resolve excesses of supplements, drugs or medications, foreign chemicals, overgrowths, bacteria, viruses, parasites or heavy metals using physiology processes, biochemical pathways and detoxification processes.

EMS303 Dreams, Goals and Attitudes

This unit teaches students how to evaluate and change many of the attitudes that affect our health and stop us from achieving our goals and full potential. This unit is both exciting and a real eye opener.

VEF301 Gems and other Vibrational Energy Fields

Continuing from VEF201 students learn about the healing powers of a variety of powerful vibrational healing systems such as gems, tissue salts and homeopathics and their use within Kinesiology.

VEF302 Metaphysical Energy Fields

Students in this unit will learn how to evaluate and correct various energy fields such as chakras and the auric fields that are vital to our health and how we perform.

JAF301 Ligaments and Joints

This unit teaches advanced techniques so students can work effectively with ligament and joint injuries affecting so many people. Many people 'put up' with pain simply because they don't know how they can be helped. JAF301 and JAF302 are the answer to many of these problems.

JAF302 Injury, Strain and Inflexibility

This unit teaches students about inflexibility and restriction of muscles due to injury, strain and a variety of other causes.

MST301 Head, Neck and Trunk Protocol

The variety of muscles learnt in this unit helps students fine tune areas that most practitioners wouldn't know where to even start. These are muscles of the face, eyes, throat, tongue upper neck and the small back muscles.

MST302 Touch, Clothes and Environment

Establish boundaries of professional touch in discussion with the client; identify the adverse effects of past and/or present situations involving deprivation, unwanted or excessive touch, out of touch with the environment, clothes and accessories; losing touch.

NUT201 Nutrition (home study unit)

This home study unit teaches students about vitamins and minerals, their use, source, function, body demand, signs of deficiency and toxicity and the safe range of dosage. Students will find the two assignments are very interesting and will become a useful reference guide in your clinic.

MAB201 Manage a Business (home study unit)

Graduates of the Diploma will be knowledgeable practitioners with the possibility of building a busy health practice. This home study unit teaches students how to manage and run their business, from stock control to holding and running a meeting, advertising and marketing.

RES201 Research (home study unit)

Students learn and participate in how to perform and analyse Kinesiology research. Kinesiology has been around for a number of years and students will learn how to prove what we do does work.

MEN201 Mentoring (home study unit)

This home study unit will help students reinforce the knowledge and skills learnt at the same time as building a network within the industry. Skills gained in this unit include being able to confidently explain the knowledge. This helps practitioners gain confidence in themselves to promote and build a client base.

A&P301 Basic chemistry, Pathophysiology of disease (home study unit)

In this unit students learn some basic chemistry, pathophysiology of disease and the effects of biological maturation and the aging process.